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Amendment to Claims

Claims 1-323 (canceled)

Claim 324 (currently amended): An adjustable spring mechanism comprising:

a locking telescoping spring mechanism, wherein said locking telescoping spring mechanism comprises a resilient spring material;

a movable actuation button wherein said actuation button is selectively movable from a first locked position to a second unlocked position; wherein moving said actuation button to said second unlocked position unlocks said locking telescoping spring mechanism and actuates said locking telescoping spring mechanism allowing said resilient spring material to be moved; and wherein upon actuation, said resilient spring material, if compressed, will resiliently expand unless a sufficient compressive force is applied to said locking telescoping spring mechanism;

an actuation mechanism for engaging and moving said actuation button ~~comprising of said locking telescoping spring mechanism~~ to said second unlocked position; wherein said actuation mechanism comprises;

at least one cam lobe;

at least two fulcrum bearing surfaces comprising at least a first fulcrum bearing surface and a second fulcrum bearing surface; wherein said actuation button is disposed opposite said first and said second fulcrum bearing surfaces;

~~at least and~~ a first actuation lever comprising a rotational axis;

wherein each cam lobe is disposed eccentric to the rotational axis of said first actuation lever;

wherein said first actuation lever comprises a second section ~~section; wherein said second section extends~~ extending from said first fulcrum bearing surface to said second

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fulcrum bearing surface, and; wherein said second section of said first actuation lever is disposed opposite said actuation button, and opposite each fulcrum bearing surface; wherein said first actuation lever can bear against at least said first and said second two ~~said~~ fulcrum bearing surfaces and said actuation button;

wherein said first actuation lever can rotate on said first and said second fulcrum bearing surfaces on said rotational axis; move in at least two directions; wherein movement in at least two directions can result in moving said actuation button to said second unlocked position; wherein movement of said first actuation lever can move at least a portion of said first actuation lever away from said first and said second fulcrum bearing surfaces; wherein moving said first actuation lever in moving said actuation button and actuating said locking telescoping spring mechanism.

wherein said first actuation lever is disposed specifically opposite said actuation button;

wherein at least one said cam lobe is formed by having decreased at least one portion of the outside diameter comprising said first actuation lever;

wherein one said cam lobe can bear against said actuation button; wherein rotating said first actuation lever on said rotational axis moves a portion of said first actuation lever away from said first and said second fulcrum bearing surfaces resulting in moving said actuation button and actuating said locking telescoping spring mechanism.

Claim 325 (canceled) The adjustable spring mechanism of claim 324, wherein said first actuation lever can be spatially displaced away from said first fulcrum bearing surface resulting in moving said actuation button and actuating said locking telescoping spring mechanism; and wherein said first actuation lever can be spatially displaced away from said second fulcrum bearing surface resulting in moving said actuation button and actuating said locking telescoping spring mechanism; and wherein the entirety of said

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